

## We serve those who serve:

- All Military Branches (Active duty, Reserves, National Guard)
- Veterans
- Family Members
- Retirees

## Specialized In:

- Individual Services (Children, Teens, Adults)
- Couples Services
- Family Services
- Group Services



Stay up-to-date with events and services for our Idaho Military Members and their Families



Scan for a complete booklet of resources for Military Families

# REACH OUT

**IF IN CRISIS, CALL 911**  
**SUICIDE & CRISIS LIFELINE: 988**

Idaho National Guard Crisis Line:  
1-208-272-TALK (8255)

For information, referrals, or to set  
up counseling, please contact:

**Case Manager:**  
[208-272-8802](tel:208-272-8802)

**Director of Psychological Health**  
(Army): [208-272-3786](tel:208-272-3786)

**Director of Psychological Health**  
(Air): [208-422-5313](tel:208-422-5313)

**Chaplain:** [208-272-4311](tel:208-272-4311)

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**Service Member & Family Support**  
4250 Cessna St. Bldg. 270  
Boise, ID 83705  
1-800-479-7006



# BEHAVIORAL HEALTH & WELLNESS

SERVICE MEMBER &  
FAMILY SUPPORT



## OUR MISSION

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We are dedicated to helping Service Members, Veterans, and their Families by assessing for immediate behavioral health needs and offering FREE confidential therapeutic support, education, and case management services.

## Supporting Families Throughout Idaho

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IDNG Behavioral Health & Wellness strives to assist Service Members, Veterans, and Military Families through the coordination and reinforcement of connections between schools, local government offices, churches, civic and volunteer administrations, and social services to meet the special needs of military affiliates before, during, and after deployment.



TREATED ISSUES MAY INCLUDE BUT ARE NOT LIMITED TO

STRESS & COPING WITH CHANGE

WORK-LIFE BALANCE

ANXIETY / DEPRESSION

ANGER MANAGEMENT

CONFLICT RESOLUTION

COMMUNICATION

PARENTING ISSUES

SELF-ESTEEM

RELATIONSHIPS

DECISION-MAKING SKILLS

ASSERTIVENESS TRAINING

GRIEF & BEREAVEMENT

CRISIS COUNSELING